




January 2015					*Registration Required/Calendar Revised 12/29/2014				
Monday		Tuesday		Wednesday		Thursday		Friday	
<div>Adult Wellness Center Open Monday through Friday 7:00AM through 7:00PM Saturdays 8:00AM-12:00PM Phone: 479-631-3333 Fax: 479-986-6803 Website: www.rogersarkansas.com/wellnesscenter</div>		<div></div>		<div><div>Saturdays at 8:15 am Dining Room</div></div>		<div>1 Happy 2015! AWC Closed for New Year’s Day</div>		<div>2 9:00-11:00 Line Dancing 9:00 Open Scrapbooking 12:00 Duplicate Bridge 1:00 Bingo 3:00 Pinochle</div>	
<div>5 9:00-11:00 Line Dancing 10:00 Mah Jongg Lessons* 12:30 Pinochle 1:00 Open Dominos 1:00 Open Mah Jongg 4:30 Pottery* 5:30 Ballroom Dancing*</div>		<div>6 8:15 Zumba* 10:00 Guitar Lessons* 10:00 Open Loom Knitting 12:00 Duplicate Bridge 1:00 Pickin’ Circle</div>		<div>7 9:30 Open Dominos 1:00 Bridge Club 1:00 Crochet Together 1:00 Parkinson’s Support Group 1:00 Quilting Club 5:00 Line Dancing</div>		<div>8 8:15 Zumba* 10:00 Open Woodcarving 11:00 Garden Volunteer Meeting 12:00 Open Mah Jongg 1:00 Lifewriting 1:00 Open Hand & Foot</div>		<div>9 9:00-11:00 Line Dancing 9:00 Open Scrapbooking 12:00 Duplicate Bridge 12:30-2:00 First Thoughts Writing Group 1:00 Bingo 1:30 Pinochle Lessons* 3:00 Pinochle</div>	
<div>12 9:00-11:00 Line Dancing 10:00 Mah Jongg Lessons* 12:30 Pinochle 1:00 Open Dominos 1:00 Open Mah Jongg 4:30 Pottery* 5:30 Ballroom Dancing*</div>		<div>13 8:15 Zumba* 10:00 Guitar Lessons* 10:00 Open Loom Knitting 10:30 What Am I Planning This Year? 11:00 Getting Your Financial & Legal House In Order* 12:00 Duplicate Bridge 1:00 Pickin’ Circle</div>		<div>14 9:30 Open Dominos 11:30 Red Hats Birthday Party 12:00 Northwest Lunch & Learn: Dr. Ryan Hunter* 1:00pm-6:00pm Book Sale 1:00 Bridge Club 1:00 Crochet Together 5:00 Line Dancing</div>		<div>15 8:00am-6:00pm Book Sale 8:15 Zumba* 10:00 Caregiver Support Group 10:00 Open Woodcarving 12:00 Open Mah Jongg 1:00 Bunco 1:00 Lifewriting 1:00 Open Hand & Foot</div>		<div>16 8:00am-6:00pm Book Sale 9:00-11:00 Line Dancing 9:00 Open Scrapbooking 12:00 Duplicate Bridge 1:00 Bingo 1:30 Pinochle Lessons* 3:00 Pinochle</div>	
<div>19 AWC Closed for Martin Luther King Day</div> <div></div>		<div>20 8:15 Zumba* 10:00 Guitar Lessons* 10:00-12:00 Health & Fitness Screening 10:00 The Facts About Anti-Depressants: Dr. Brian Harlan* 10:00 Open Loom Knitting 12:00 Duplicate Bridge 12:30 Basket Weaving* 1:00 Pickin’ Circle</div>		<div>21 9:00-12:00 Wheelchair Tune-up with O’Brian Healthcare 9:30 Open Dominos 10:00 What You Should Know Before Doing Your 2014 Taxes* 1:00 Bridge Club 1:00 Crochet Together 1:00 Quilting Club 5:00 Line Dancing</div>		<div>22 8:15 Zumba* 10:00 and 2:00 Front Desk Volunteer Training 10:00 Open Woodcarving 12:00 Open Mah Jongg 1:00 Lifewriting 1:00 Open Hand & Foot</div>		<div>23 9:00-11:00 Line Dancing 9:00 Open Scrapbooking 12:00 Duplicate Bridge 12:30-2:00 First Thoughts Writing Group 1:00 Bingo 1:30 Pinochle Lessons* 3:00 Pinochle</div>	
<div>26 9:00-11:00 Line Dancing 10:00 Mah Jongg Lessons* 10:00 Lighthouse Meeting 10:00 Medicare Monday* 12:30 Pinochle/1:00 Open Dominos 1:00 Open Mah Jongg 4:30 Pottery* 5:30 Ballroom Dancing*</div>		<div>27 8:15 Zumba* 10:00 Guitar Lessons* 10:00 Open Loom Knitting 11:00 Snoring & Sleep Apnea Solutions* 12:00 Duplicate Bridge 12:00 Vegetarian Cooking Class* 1:00 Pickin’ Circle 2:00 Book Club</div>		<div>28 9:30 Open Dominos 12:00 Mercy Lunch & Learn: Dr. Chris Johnson* 1:00 Bridge Club 1:00 Crochet Together 5:00 Line Dancing</div>		<div>29 8:15 Zumba* 10:00 Member Meeting 10:00 Open Woodcarving 12:00 Open Mah Jongg 1:00 Lifewriting 1:00 Open Hand & Foot</div>		<div>30 9:00-11:00 Line Dancing 9:00 Open Scrapbooking 12:00 Duplicate Bridge 1:00 Bingo 1:30 Pinochle Lessons* 3:00 Pinochle</div>	

ADULT WELLNESS CENTER JANUARY CLASS & ACTIVITY SCHEDULE

Ballroom Dancing M 5:30-6:30pm Dining Rm
Dance lessons with Jerry Kendrick of Dance & Swing. No partner needed. Class fee \$25. Please register by Jan 2nd.
Basket Weaving: Welcome Basket Jan 20th 12:30-4 pm Art Rm
Debbie Hurd will instruct making a Welcome Basket.
\$5 Class fee plus \$30 fee paid to instructor for supplies.
Please register by Jan 15th.

Bingo F 1pm-2:30pm Game Rm B
Book Club Jan 27th 2pm-3:30pm Board Rm
Meet to discuss a monthly book and pick the next one.
Book Sale Jan 14th 1-6pm, 15 & 16th 8am-6pm, 17th 8-11:30am Board Rm Our library staff has been working hard on our annual winter sale! Start off the year with a good book and help raise money for the AWC.
Bridge Club W 1pm Game Rm B

Bunco Jan 15th 1pm Game Room A
Everyone welcome. Cost is \$2. Have a chance to win gift certificates.
Caregiver Support Group Jan 15th 10am-11:30am Multipurpose Rm Encouragement & support for caregivers of those with dementia. Facilitated by Home Instead.

Crochet Together W 1pm Multipurpose Rm
Come and crochet with others and get personal help with your projects from Donna Farmer.

Duplicate Bridge T 12-4pm Game Room B
Duplicate Bridge F 12-4pm Game Rm A
First Thoughts Writing Group Jan 9th & 23rd 12:30pm Board Rm
Sandra Woodruff facilitates this group to encourage writing of any style. Beginners are encouraged to participate.
Front Desk Volunteer Training Jan 22nd 10am or 2pm Dining Rm
Our Front Desk Volunteers play such an important role here at the Wellness Center. This is a mandatory annual training for volunteers. Please let Becky know which time you will be able to attend.
Garden Volunteer Meeting Jan 8th 11am Multipurpose Rm
Share your gardening skills with us and help us keep the AWC garden looking beautiful!
Getting Your Financial & Legal House In Order Jan 13th 11am Game Rm A Mach 1 Financial and Attorney, Lisa Kelley, will present "When Bad Things Happen, Don't Sweat it! Get Your Financial & Legal House in Order!" This is great information to help you get yourself in order, no matter what happens in your life. Please register by Jan 9th.
Guitar Lessons T 10am-12pm Dining Rm
This class is for beginners or players with a little experience. \$45 class fee for 4 sessions. Please register by Jan 2nd.

Health & Fitness Screening Jan 20th 10am-12pm Lobby
Stop by to have your weight, BMI, and blood pressure checked from the staff of Elite Home Health.
Lifewriting Th 1pm-3pm Multipurpose Rm
Join others who are writing the stories of life: one's own reminiscences or memories of community, friends, or family. New enrollees please contact June Jefferson, facilitator, at 790-2588 or jjefferson@arkansasusa.com.

Lighthouse Meeting Jan 26th 10am Board Rm
Quarterly meeting for those who love lighthouses. Get together to share information about lighthouses you've seen or want to visit.
Line Dancing M F 9am-11am & W 5pm Dining Rm
No registration is required. For all time sessions, the first hour is for beginners and the second hour is intermediate level.
Mah Jongg Lessons M 10am-12pm Multipurpose Rm
Learn how to play this popular Chinese tile game. Class fee \$10. Please register by Jan 2nd.





Medicare Monday Jan 26th 10am Game Rm A
In 2015, the last Monday of each month will be Medicare Monday. These are educational seminars about the different aspects of Medicare and a time to get your questions answered. Please register by Jan 22nd.
Member Meeting Jan 29th 10am Game Rm A
Do you have questions or concerns about the AWC? Or do you have suggestions or ideas to help make your experience better. Come to our monthly Member Meeting and let us know!
Mercy Lunch & Learn Jan 28th 12pm Dining Rm
Dr. Chris Johnson, Mercy Family Practice and Chief of Staff, will discuss New Year's Resolutions and How to Stay Healthy.

Open Dominos M 1pm–3:30pm Demo Kitchen
Open Dominos W 9:30am-12pm Demo Kitchen
Open Hand & Foot TH 1pm-4pm Demo Kitchen
Open Loom Knitting T 10am-12pm Art Rm
Open Mah Jongg M 1pm-4pm Multipurpose Rm
Open Mah Jongg TH 12pm-4pm Board Rm
Open Scrapbooking F 9am-12pm Art Rm
Open Woodcarving TH 10am-12pm Art Rm

Northwest Lunch & Learn Jan 14th 12pm Dining Room
Dr. Ryan Hueter will be here to discuss issues for people with diabetes. Please register by Jan 12th.
Parkinson's Support Group Jan 7th 1pm Dining Rm
Monthly support group for Parkinson's patients & family members. Facilitated by Missy Walker and Molly Leopard of Mercy.

Pickin' Circle T 1pm Demo Kitchen Guitar players come and pick together for the afternoon. All levels are welcome!
Pinochle M 12:30pm–3:30pm Game Rm B
Pinochle F 3pm-6pm Game Rm B
Pinochle Lessons F 1:30pm-2:30pm Multipurpose Rm
This free class starts Jan 9th. Learn the basics to playing Pinochle. Register by Jan 2nd. Instructed by Margot Tarcikowski.
Pottery M 4:30pm Art Rm
Come and learn the basics of pottery with Joseph Meyer. Learn the techniques of sculpting, glazing, and throwing pottery. Class fee is \$50. Please register by Jan 2nd.
Quilting Club Jan 7th & 21st 1pm Arts & Crafts Rm
Come quilt with others and learn tips from other quilters.
Red Hats Birthday Party W Jan 14th 11:30am Game Rm A
Bring an exquisitely wrapped, inexpensive (under \$10) birthday gift to exchange. Something you might even want to keep for yourself! We are celebrating EVERYONE's birthday for the whole year with ice cream, decorations, lots of giggles and silly games to play.
Snoring & Sleep Solutions Jan 27th 11am Game Rm A
Dr. Ken Berley will be with us to talk about new techniques to help with snoring and sleep apnea problems. Register by Jan 23rd.
The Facts About Anti-Depressants Jan 20th 10am Game Rm A
The use of anti-depressant and anti-anxiety drugs has increased over the last several years. Dr. Brian Harlan, Mercy Behavioral Psychiatrist, will help you understand how these drugs work and who might benefit from their usages. Please register by Jan 16th.
Vegetarian Cooking Class Jan 27th 12pm Demo Kitchen
Gerri Smoldt's presentation will be "Sugar, Sweet Deception". Learn to prepare delicious vegetarian recipes. Samples available. Class fee \$5. Please register by Jan 23rd.
What Am I Planning This Year? Jan 13th 10:30am Multipurpose Rm Facilitated by writer, June Jefferson, join others to brainstorm your creative process. Whether it's writing or some other creative medium, planning with others may help you get more accomplished and get motivated. For more information, please call June at 790-2588 or email at jjefferson@arkansasusa.com.

What You Should Know Before Doing Your 2014 Taxes Jan 21st 10am Judy Coker with H&R Block will present information on changes you should know before you finish your taxes. Please register by Jan 20th.
Wheelchair Tune-up with O’Brian Healthcare Jan 21st 9am-12pm Bring in your wheelchair (no matter what kind), walker, or cane and have them tightened and inspected for free from O'Brian Healthcare.
Zumba T&TH 8:15am Saturdays at 8:15am Dining Rm
Led by Lilia Gamez, Zumba uses Latin music and dance for a fun, effective workout. Monthly class fee is \$25 for T/TH and \$15 for Saturdays.

Monday	Tuesday	Wednesday	Thursday	Friday
2 9:00-11:00 Line Dancing 10:00 Mah Jongg Lessons* 12:30 Pinochle 1:00 Open Dominos 1:00 Open Mah Jongg 4:30 Pottery* 5:30 Ballroom Dancing*	3 8:15 Zumba* 10:00 Guitar Lessons* 10:00 Open Loom Knitting 11:00-1:00 Computer Class* 12:00 Duplicate Bridge 1:00 Pickin’ Circle	4 9:30 Open Dominos 1:00 Bridge Club 1:00 Parkinson’s Support Group 1:00 Crochet Together 1:00 Quilting Club 5:00 Line Dancing	5 8:15 Zumba* 10:00 Open Woodcarving 12:00 Open Mah Jongg 1:00 Lifewriting 1:00 Open Hand & Foot	6 9:00-11:00 Line Dancing 9:00 Open Scrapbooking 12:00 Duplicate Bridge 1:00 Bingo 1:30 Pinochle Lessons* 3:00 Pinochle
9 9:00-11:00 Line Dancing 10:00 Mah Jongg Lessons* 12:30 Pinochle 1:00 Open Dominos 1:00 Open Mah Jongg 4:30 Pottery* 5:30 Ballroom Dancing*	10 8:15 Zumba* 8:30-1:00 AARP Driver Safety* 10:00 Guitar Lessons* 10:00 Stretching Your Money with IRAs* 10:00 Open Loom Knitting 11:00-1:00 Computer Class* 12:00 Duplicate Bridge 1:00 Pickin’ Circle	11 9:30 Open Dominos 11:30 Red Hats Valentine Party 12:00 Northwest Lunch & Learn: Dr. Garrett Sanford* 1:00 Bridge Club 1:00 Crochet Together 5:00 Line Dancing	12 8:15 Zumba* 10:00 Open Woodcarving 11:00 Garden Volunteer Meeting 12:00 Open Mah Jongg 1:00 Lifewriting 1:00 Open Hand & Foot	13 9:00-11:00 Line Dancing 9:00 Open Scrapbooking 12:00 Duplicate Bridge 12:30-2:00 First Thoughts Writing Group 1:00 Bingo 1:00 Valentine Dance 1:30 Pinochle Lessons* 3:00 Pinochle
16 AWC Closed for Presidents Day 	17 8:15 Zumba* 10:00 Guitar Lessons* 10:00-12:00 Health & Fitness Screening 10:00 Open Loom Knitting 11:00-1:00 Computer Class* 12:00 Duplicate Bridge 12:00 Northwest Lunch & Learn: Ortho Robotic Technology* 1:00 Pickin’ Circle	18 9:30 Open Dominos 1:00 Bridge Club 1:00 Crochet Together 1:00 Quilting Club 2:00 Forging New Friendships in the New Year* 5:00 Line Dancing	19 8:15 Zumba* 10:00 Caregiver Support Group 10:00 Open Woodcarving 12:00 Open Mah Jongg 1:00 Bunco 1:00 Lifewriting 1:00 Open Hand & Foot	20 9:00-11:00 Line Dancing 9:00 Open Scrapbooking 12:00 Duplicate Bridge 1:00 Bingo 1:30 Pinochle Lessons* 3:00 Pinochle
23 9:00-11:00 Line Dancing 10:00 Mah Jongg Lessons* 10:00 Medicare Monday with Tasha* 12:30 Pinochle 1:00 Open Dominos 1:00 Open Mah Jongg 4:30 Pottery* 5:30 Ballroom Dancing*	24 8:15 Zumba* 10:00-2:00 Blood Drive 10:00 Guitar Lessons* 10:00 Open Loom Knitting 11:00-1:00 Computer Class* 12:00 Duplicate Bridge 12:00 Vegetarian Cooking Class* 12:30 Basket Weaving* 1:00 Pickin’ Circle 2:00 Book Club	25 9:30 Open Dominos 12:00 Mercy Lunch & Learn: Dr. Philip Riley* 1:00 Bridge Club 1:00 Crochet Together 5:00 Line Dancing	26 8:15 Zumba* 10:00 Member Meeting 10:00 Open Woodcarving 12:00 Open Mah Jongg 1:00 Lifewriting 1:00 Open Hand & Foot	27 9:00-11:00 Line Dancing 9:00 Open Scrapbooking 12:00 Duplicate Bridge 12:30-2:00 First Thoughts Writing Group 1:00 Bingo 1:30 Pinochle Lessons* 3:00 Pinochle
February is American Heart Month 	AWC HOURS: Open Monday through Friday 7AM to 7PM and Saturdays 8AM-12PM	 Groundhog Day is Monday, Feb 2nd	 Saturdays at 8:15 am Dining Room	Adult Wellness Center Phone: 479-631-3333 Fax: 479-986-6803 Website: rogersarkansas.com wellness center

ADULT WELLNESS CENTER FEBRUARY CLASS & ACTIVITY SCHEDULE

AARP Driver Safety Class Feb 10th 8:30am-1pm Game Rm A
Get a discount on insurance. A \$15 fee payable to AARP, \$20 for non-AARP members. Register by Feb 6th.

Ballroom Dancing M 5:30-6:30pm Dining Rm
Dance lessons with Jerry Kendrick of Dance & Swing. No partner needed. Class fee \$25. Please register by Jan 29th.

Basket Weaving: Candle Basket Feb 24th 12:30-4 pm Art Rm
Debbie Hurd will instruct making a Candle Basket. \$5 Class fee plus \$22 fee paid to instructor for supplies. Please register by Feb 20th.
Bingo F 1pm-2:30pm Game Rm B

Blood Drive Feb 24th 10am-2pm Game Rm A
Hosted by Community Blood Center of the Ozarks. Donors receive a free cholesterol screening.

Book Club Feb 24th 2pm-3:30pm Poolside Rm
Meet to discuss a monthly book and pick the next one.
Bridge Club W 1pm Game Rm B
Bunco Feb 19th 1pm Game Rm A
Everyone welcome. Cost is \$2. Have a chance to win gift certificates.

Caregiver Support Group Feb 19th 10am-11:30am Multipurpose Rm
Encouragement & support for caregivers of those with dementia. Facilitated by Home Instead.

Computer Class T 11:00-1:00 Board Rm
Mike and Donna Simmons will teach basic computer skills. Class fee is \$25 for four sessions. Please register by Jan 30th.
Crochet Together W 1pm Multipurpose Rm
Come and crochet with others and get personal help with your projects from Donna Farmer.

Duplicate Bridge T 12-4pm Game Rm B
Duplicate Bridge F 12-4pm Game Rm A

First Thoughts Writing Group Feb 13th & 27th 12:30pm Board Rm Sandra Woodruff facilitates this group to encourage writing of any style. Beginners are encouraged to participate.

Forging New Friendships in the New Year Feb 18th 2pm Game Rm A Are you looking for ways to feel more connected with others and increase your social circle? Chantal Karns of Mercy will join us to give tips for doing just that! Please register by Feb 16th.
Garden Volunteer Meeting Feb 12th 11am Multipurpose Rm
Our garden is beautiful through the year because of our hard working volunteers. New volunteers always welcome.

Guitar Lessons T 10am-12pm Dining Rm
This class is for beginners or players with a little experience. \$45 class fee for 4 sessions. Please register by Jan 30th.

Health & Fitness Screening Feb 17th 10am-12pm Lobby
Stop by to have your weight, BMI, and blood pressure checked from the staff of Ashley Health & Rehab.

Lifewriting Th 1pm-3pm Multipurpose Rm
Join others who are writing the stories of life: one’s own reminiscences or memories of community, friend, or family. New enrollees please contact June Jefferson, facilitator, at 790-2588 or jjefferson@arkansasusa.com.

Line Dancing M F 9am-11am & W 5pm Dining Rm
No registration is required. For all time sessions, the first hour is for beginners and the second hour is intermediate level.

Mah Jongg Lessons M 10am-12pm Multipurpose Rm
Learn how to play this popular Chinese tile game. Class fee \$10. Please register by Jan 29th.

Medicare Monday Feb 23rd 10am Game Rm A
For our February Medicare Monday, Tasha Settles from CBI 65 will talk about the difference between Medicare Part C and original Medicare and answer questions. Please register by Feb 20th.

Member Meeting Feb 26th 10am Game Rm A
Do you have questions or concerns about the AWC? Or do you have suggestions or ideas to help make your experience better. Come to our monthly Member Meeting and let us know!

Mercy Lunch & Learn Feb 25th 12am Dining Room
February is American Heart Month. Mercy Cardiologist, Dr. Philip Riley, will speak about the heart. Register by Feb 23rd.

Open Dominos M 1pm–3:30pm Demo Kitchen
Open Dominos W 9:30am-12pm Demo Kitchen
Open Hand & Foot TH 1pm-4pm Demo Kitchen
Open Loom Knitting T 10am-12pm Art Rm
Open Mah Jongg M 1pm-4pm Multipurpose Rm
Open Mah Jongg TH 12:00pm-4pm Board Rm
Open Scrapbooking F 9am-12pm Art Rm
Open Woodcarving TH 10am-12pm Art Rm

Northwest Lunch & Learn Feb 11th 12pm Dining Rm
Dr. Garrett Sanford will be here to discuss cardiac issues.

Northwest Lunch & Learn Feb 17th 12pm Dining Rm
Learn about cutting edge technology in Ortho Robotics available from Northwest Medical for knee and hip surgeries. Please register by Feb 12th.

Parkinson’s Support Group Feb 4th 1pm Dining Rm
Monthly support group for Parkinson’s patients & family members. Facilitated by Missy Walker and Molly Leopard of Mercy.

Pickin’ Circle T 1pm Demo Kitchen
If you play guitar or any other stringed instrument, sing, or just enjoy music, please stop by the pickin’ circle. New faces always welcome to play or listen!
Pinochle M 12:30pm–3:30pm Game Rm B
Pinochle F 3pm-6pm Game Rm B

Pinochle Lessons Fridays 1:30pm-2:30pm Multipurpose Room
Learn the basics to playing Pinochle. Class is free. Register by Feb 4th. Instructed by Margot Tarcikowski.

Pottery M 4:30pm Art Rm
Come and learn the basics of pottery with Joseph Meyer. Learn the techniques of sculpting, glazing, and throwing pottery. Class fee is \$50. Please register by Jan 30th.
Quilting Club 4th and 18th 1pm Art & Crafts Rm
Come quilt with others and learn tips from other quilters.

Red Hats Valentine Party Feb 11th 11:30 Game Rm A
We’re having a pizza party to celebrate our big hearts! Bring a salad or dessert to share. There will also be a fun Valentine craft project to do together.

Stretching Your Money with IRAs Feb 10th 10am Dining Rm
Learn about how a Stretch IRA can help you “stretch” your money over future generations. Sonny Brainerd from Edward Jones will be here to explain how these work. Refreshments will be served. Please register by Jan 6th.
Valentine Dance Feb 13th 1-3pm Dining Room
Come and enjoy an afternoon of dancing with live music by Second Wind.

Vegetarian Cooking Class Feb 24th 12pm Demo Kitchen
Gerri Smoldt’s presentation will be “Brain Health and Lifestyles”. Learn to prepare delicious vegetarian recipes. Samples available. Class fee \$5. Please register by Feb 20th.
Zumba T&TH 8:15am Saturdays at 8:15am Dining Rm
Led by Lilia Gamez, Zumba uses Latin music and dance for a fun, effective workout. Monthly class fee is \$25 for T/TH and \$15 for Saturdays.